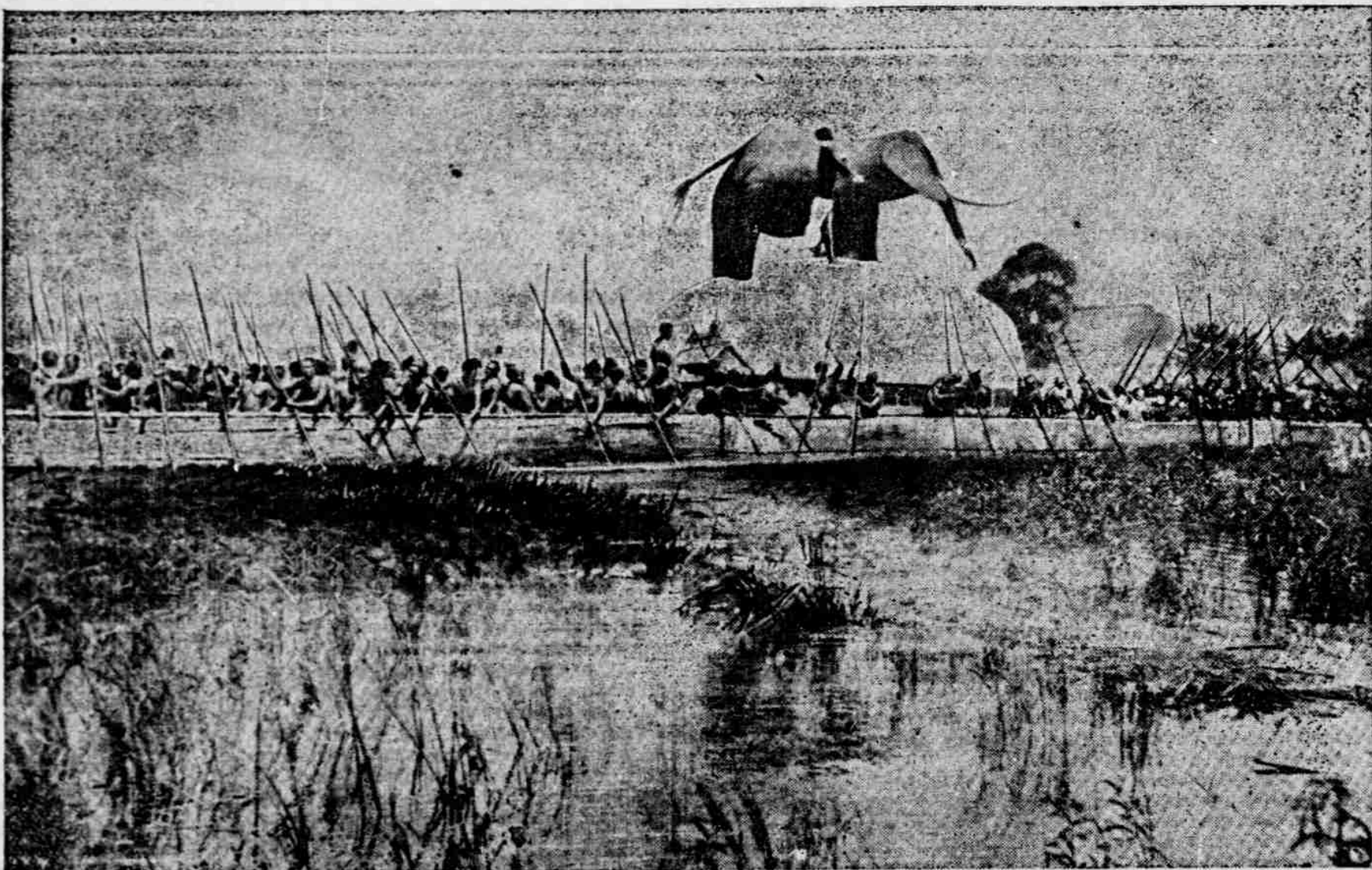


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On the top of Lewanika's barge is an extraordinary figure of an elephant with flapping ears and tail. The boat is propelled by many oarsmen, who stand in close order along the gunwale. Lewanika is the enlightened sovereign of Barotseland who lately emancipated the slaves to the number of 30,000.

—Illustrated London News.

SEND FOR My Market Letter

You probably know that Goldfield, Nevada, is the greatest mining camp the world has ever known. One mine, the Mohawk, produced \$2,000,000 in 106 days. I advised everybody to buy it at \$1 a share. It has since sold up to \$20. Fortunes have been made in the Goldfield stocks. In the next few months we are going to see a greater boom than ever and more fortunes will be made. To know what is doing you will have to read my market letter. I get my information direct from my Goldfield office. One customer of mine made \$15,000 in three months. You can do as well if you have the right information. Send me your name and address and I will advise you. It costs you nothing. Address:

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**To Enjoy
the Day**
ORDER A RIG FROM
The Club Stables.



What the Scotch Eat

Any one who is pining to be a Scotch-
man would do well to study the follow-
ing description of the average daily
fare in Hoot Mon's Land:

For breakfast, says a writer in Suc-
cess, there is the inevitable porridge,
accompanied by milk or cream; when
the cows go dry I have seen it eaten
with treacle or porter. Then there is
tea—the black breakfast tea—toast,
scones, oatcakes or "baps."

These baps are a breakfast bread for
which America has no rival. They are
fine, delicious, floury biscuits, as large
as a tea plate, raised with yeast, baked
in a brick oven and vended about
town, piping hot, in time for the earl-
iest breakfast.

Fresh or unsalted butter is eaten
with all breads; the Scotch housewife
resorts to salt butter only when the
cows go dry. A favorite appetizer for
breakfast is orange marmalade, which
is beginning to find favor on American
tables. There may be an addition of
boiled eggs, finnan haddie, a rasher of
bacon or red herrings, but, as a rule,
porridge and tea with baps prove fill-
ing enough.

The midday meal of Scotland is a
substantial dinner. It generally be-
gins with a soup, the immortal hoot
potch, or a broth which is sure to
have barley in it. In Scotland the
soups are all made by boiling the meat.
Thus two courses are provided from
the cut or fowl that an American cook
would utilize for one dish.

The meat may be a piece of beef, a
leg of mutton, a shank of veal, or a
rabbit or a fowl with a savory dress-
ing. If it is fowl, it is probably the fa-
mous cock a leekie, which Sir Walter
Scott extols, or "chicken friar," a re-
minder of olden days when the finest
cooking in the country was done by the
monks that followed Mary Queen of
Scots from France.

One may trace a French origin in
many a dish of national repute by the
use of leeks, chives, parsley and other
vegetables, which before the sixteenth
century, were unknown or unappreciated
in that northern clime where they
now attain luxuriant growth.

Fish is plentiful and cheap every-
where in Scotland, because even the
very interior of the island is no dis-
tance from the ocean. Splendid cod,
whiting, mackerel, skate, ling, her-
ring, haddock and flounders are part
of everyday living. The great catches
of haddock on the coast of Aberdeens-
hire are utilized by pickling, then the
fish is dried on the rocks. The tiny
village of Pindon, with its only in-
dustry of fish curing, has given its
name to the famous finnan haddie.
Scotchmen are keen anglers, and no
fish of any country surpasses the trout
pulled from a brook that has meandered
its way through a peat bog.

Of vegetables Scotland boasts no such
variety as we have on this side of the
Atlantic. There is an abundance of
potatoes, cabbage, kail, carrots, tur-
nips, parsnips, cauliflower, lettuce,
radishes and peas, all of which are in
daily use.

The sun in that northern climate is
not hot enough to ripen peaches, grapes
or plums. There are fine pears in Scot-
land, however, and a poor imitation
of apples; these have to be trained
against a whitewashed wall to attain
anything like the quality of our fall
fruit.

But no country can surpass Scotland

for its luscious crops of cherries, cur-
rants, gooseberries, raspberries and
strawberries; they attain a size and a
juiciness of which we do not even
dream. They are plentiful, therefore
cheap, and all summer long they add
much to the simplicity of the national
diet.

The Scotch housewife—like the Scotch
jam factory—puts up such jellies, mar-
malades and jams as stand unexcelled
by the world, and so from the preserve
cupboard comes many a delicious ad-
dition to the dryness of oatcakes.

The third meal of the day in Scot-
land is called tea and is served at 5
o'clock. Meat seldom appears on the
table, unless it be a few slices of potted
head; instead, there is cheese or kip-
pered herring, scones, oat-cake, cur-
rant loaf, gingerbread, shortbread and
go to bed without supper, a sort of
nightcap lunch, for which the table
is not set.

There are temperate households in
Scotland, where milk is the beverage
served at the last meal; sometimes it
is whey. If you have tasted that liquid
you can imagine why the English
cavaliers nicknamed Scottish Puritans
"wee faces."

In some country houses the last meal
is a steaming bowl of sowans, a
strange, sour concoction made from
what farina remains in the husks of
oats. If you would know how sowans
are made here is a graphic description
of the dish by an Englishman who
found himself lodged one night in a
Scotch croft:

"There seemed to be small prospect,"
he said, "of much to eat, but my land-
lady boiled some dirty water in a pan,
and by the grace of God it turned into
a very decent pudding."

WHY DRY TOAST IS HEALTHY.

Since most of us are very fond of
toast, but eat it sparingly, however,
because of the general impression that
it is bad for the health, it is pleasing
to find a leading medical journal point-
ing out that toasted bread is really
very wholesome, even for invalids.

One thing in its favor is the fact
that it places a lighter tax on the
digestive functions than ordinary
bread, since during its preparation
some of the starch grains of the flour
are ruptured, while some are converted
into dextrine, which is easily soluble.

Further, the crispness of toast neces-
sitates its being completely moistened
in the mouth before it can be swallow-
ed. As a rule, therefore, toast is thor-
oughly submitted to the action of the
preliminary digestive process in the
mouth.

It is important, however, that toast
should be crisp all through, as other-
wise the internal portions tend to be-
come plastic and soft, like new bread,
and like it, difficult of digestion if not
thoroughly masticated.

SAVING THE WOODWORK.

To prevent the marring of mantels,
furniture and window sills by flower
vases or pots placed beneath them little
squares of oiled pasteboard cut from
cracker or cake boxes now so common
on the market. A supply of these
squares can be cut in a few moments
and if kept in a handy place their use
will soon become a habit, saving furni-
ture and woodwork from many un-
sightly rings.

TO CLEAN A PEN.

A raw potato makes the best sort of
pen cleaner, though one that must be
changed every little while, for obvious
reasons.

In some mysterious way it cleans the
most scratchy, soiled pen and makes it
as near like new as the wearing down
of the nib allows—far more than one
would dream possible.

GRATE CLEANING.

If newspapers are spread on the floor
before the stove when ashes are to be
removed much work will be saved, for
the papers can be gathered up and
burned, and there will be no necessity
for sweeping. The ashes should be
sprinkled with water before the pan is
overturned.

HOUSEHOLD NOTES

When the skin is very dry it needs
a good skin food used often and plenty
of cold cream. Dry skin is usually
the result of too constant and gener-
ous use of soap, which takes the nat-
ural oil out of the skin, and a diet
which lacks sufficient fatty foods.

When members of the family come
in chilled give them a hot lemonade at
once; or even a glass of water as hot
as the lips can drink it; remove the
cold shoes and socks, rub the feet gen-
tly without putting them near the fire
and put on warm, dry clothing.

A solution of a tablespoonful of
spirits of ammonia and one quart of
water is excellent to wash hair brushes
in. Dip the bristles up and down in
the water without wetting the back,
rinse in clear warm water, shake well
and dry in the air, but not in the sun.

Some individuals are constitutionally
thin, but it is an exceptional case that
will not respond to proper "get fat"
treatment, which consists in moderate
exercise, good things to eat and plenty
of refreshing sleep. Raw eggs are fat-
tening. Drink plenty of water. Blue
pencil the fretting habit. Get out of
doors every day and sleep at least
eight or nine hours every night.

IT WAS HIS MEAT.

The ladies stopped a little boy whose
legs were briar-scratched.
And laughed to see the novel way his
little pants were patched.

"Why did they patch with white?" they
asked.

"Why not with blue or red?"
The small boy scowled and touched the
spot. "That ain't no patch," he
said. —Dallas News.

"Mamma, what's the use of putting
all those things for the baby in that
sterilizing machine?" "Why, Willie,
so that no bad germs will enter his
system." "That's what I thought. But
I know an easier way." "What's that?"
"Why, while you were out I sterilized
the baby!"—Life.

Patient (who has been overdoing it)
—Well, tell me, doctor. Hoo many
whuskiees may I tak' durin' the day?
Doctor—Well, ye maun be regular.
Tak' ane afore yer breakfast, anither
after; anither at eleven, anither at
twelve; anither afore yer lunch, an'
ane afore yer dinner, ane w't, an'
anither after; ane at nine, ane at ten,
an' syne ane when ye're in yer bed.
But, mind, ye mauna keep on dram,
dram, drammin' a' day.—The Sketch.

CHICAGO TO NEW YORK

(Continued from Page Nine.)
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May resolutions good
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May New Year kisses last,
May dividends come fast,
May all you wish come true,
My every wish is—YOU!

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